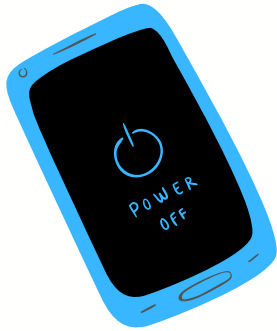


Gentle Reminders: for when the World Feels Frightening



Set Boundaries
with what + how
much media you
consume.



Be mindful
of when it's
becoming more
than just "being
informed."



Allow extra
time for daily
stress relief.



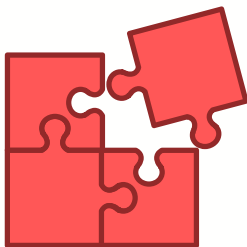
Practice
self care.



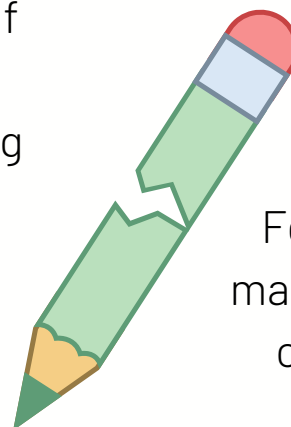
Try to respond
to the fears of
others with
understanding
+ respect.



You are allowed
to opt out of
overwhelming
discussions.



Breathe,
Connect + Take
Gentle Care of
Yourself + Others.



Focus on the
many things you
can control.

For more resources visit: work2bewell.org & @work2bewell



Gentle Reminders:



for when the World Feels Frightening

FOR YOUR KIDS!



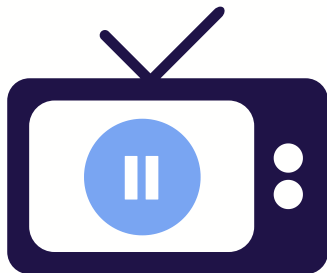
Let them talk
about their worries.



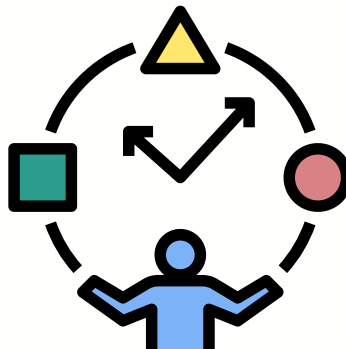
Reassure them
that they are safe.



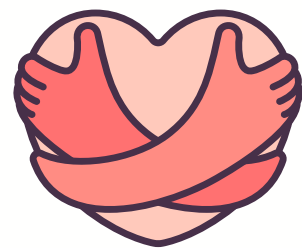
Focus on some
new relaxation
techniques.



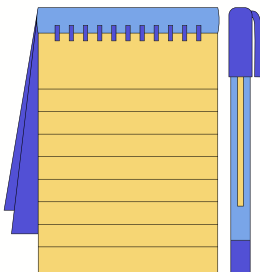
Limit their
news exposure.



Guide them to
some daily self
care routine.



Practice self
care together.



Create a routine
and structure.



Share your own
coping skills.

For more resources visit: work2bewell.org & @work2bewell

